

*Improving lives together*



# Cygnet Hospital Sheffield Newsletter

February 2025

## Edited by

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School of  
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## Children's Mental Health Week

*From Cygnnet Social Media*

Children's Mental Health Week was 3<sup>rd</sup> – 9<sup>th</sup> February this year, and the theme this year was 'Know Yourself, Grow Yourself'.

We asked some of the young people at Cygnnet Hospital Sheffield what they have learned about their mental health and what their top tips are for managing their mental health.

**What have you learned about mental health?**

"Things will get better when you don't think they would."

"It's a lot more complicated than I first thought."

"I have learnt that there are better ways of coping with my emotions and that I am always able to ask for help and that it is okay to do this."

I appreciate the support I have had in hospital but it has also made me grateful for what I had on the outside.

I'm working hard with staff to get back to this."

**What are your tips, tools and advice for managing your own mental health?**

"That mental health is really hard but you will soon recover and get through it all."

"I've learned how to understand people a lot more."

"You can do mindfulness techniques and don't avoid things."

"Keep yourself occupied, go to the gym."

"My tip would be to make a crisis box, this has a selection of items that I have on hand when I am struggling and engaging with new things, such as leave outside of hospital."

My favourites are my teddy and some sour sweets."

"Definitely talking to staff about anything worrying you."

Always keep yourself distracted."

## NSPCC Number Day

*By David Best, Teacher of Maths*

NSPCC Number Day took place on the 7<sup>th</sup> of February, and we celebrated again this year at Phoenix School.

School staff dressed up in number-based outfits and t-shirts and a whole range of number-based activities was prepared for the young people for the day.

We had activities around the theme of



personal finance, code breaking as well as some quite challenging maths puzzles that stumped even our most numerate students (as well as some of the staff!).

Number-based games were played by all: some new such as the fabulous dice game Qwixx and some classics like Rummikub.

The highlight of the day was probably the number-based quiz where all the answers were numbers and a fairly challenging picture round that had stills from films that all had numbers in their title. A good day all round and we are already looking forward to next year.



## Galentines Day on Spencer Ward

*By Kerry Booth,  
Regional OT Lead  
S.Yorkshire*

Spencer Ward celebrated Galentine's on Sunday 9<sup>th</sup> February.

The day was a huge success having been planned by our incredible Activity Coordinator, Becca, alongside the ladies on the ward - another fine example of





collaborative working!! 🙌

The ladies were treated to massages by the lovely Katy, a friend of one of our individuals on the ward. Katy is a qualified massage therapist and offered to volunteer her services. A kind act that was very much appreciated by all. The ladies also had their nails painted and were treated to a sensational, Galentines Afternoon Tea.

Happy Galentines everyone!! 🌸💕



## Magical Visitors

*By Eric Redknap, Teacher of Humanities*

On February 11<sup>th</sup> Phoenix School was visited by Zora and Mads from Grimm & Co, a local storytelling charity who host magical and mythical workshops at their own site and in schools for children of all ages.

Over the past few months, Eric and Katy have been planning sessions with Grimm & Co, including visiting Grimm's site in Rotherham on two occasions to deliver training to Grimm staff about our setting.

Zora and Mads delivered two sessions, one for Pegasus and one for Unicorn and Griffin wards. These sessions were group story writing sessions. The sessions started with an opportunity to investigate some of the magical items from Grimm's apothecary, including grandma's scabs, peace and quiet, and troll earwax.

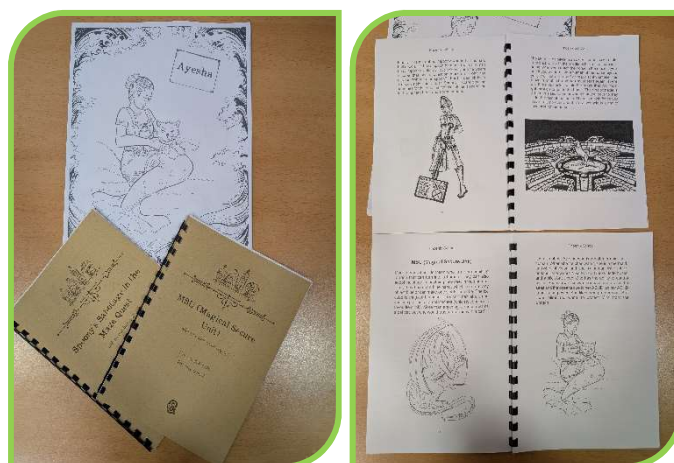
Following this, students and staff were encouraged to spin a wheel to discover which magical creature they are before engaging in

some silly ways of re-starting the adults' imagination.

The students in both sessions engaged well as teams to create characters, settings, and plots for their stories, including a spoon-human who was in a race to complete a maze, and a dragon who worked on Cygnet Sheffield's mythical 5<sup>th</sup> ward, accessible only through the lift that never works.

Grimm & Co will now print and bind our students' stories as well as having their own illustrators illustrate them. Copies of our stories are available in the school library for all to read, and Grimm even supplied colouring sheets of all of the illustrations used in the book.

We look forward to Grimm's next visit on the 14<sup>th</sup> March.



## Food for Thought

*By Jamie-Leigh Dakin, Quality Lead*

The Quarterly Food Forum was held with both the CAMHS wards and the Spencer Ladies.

On Spencer, the forum started with an incredibly informative and presentation by HM (Service User on Spencer Ward) getting us to think about what influences how our diets develop.

There was also really great attendance from all wards across CAMHS- service users and staff. Lots of feedback to think about!



Following on from this the following changes will be made/have already been implemented across the hospital:

- We agreed to change the colour of the plates, side plates and bowls to white which is both dietician approved and particularly good for those with sensory needs so that they can see the food and separate it into parts if this is required.
- We agreed for Ollie to take a photo of each meal put together on a plate as an example for the service users so they can see what they should be getting and also the staff (support workers and kitchen staff) to show them what it should look like at point of being served. Each meal the photographed over the next 8 weeks to start building portfolio.
- Extra portions of vegetables/salad to be readily available to allow service users to fill up on these rather than less healthy options.
- We will be creating and implementing a Cygnets Sheffield Menu Booklet, which will contain the calories, carbs, protein, fat fibre content- also the allergens and list of ingredients. This will be created in collaboration with the Dietician, Sam and Chef, Ollie. We will be providing a copy for Main Staff Room to allow staff to access this information when making choices from the menu.

We look forward to seeing how these changes have improved eating experiences for staff and service users in our next Food Forum.

## Safer Internet Day 2025

*By Amy White, Teacher of PHSE*

The school celebrated Safer Internet Day this month, with students from all three wards getting involved in the activities. Amy delivered

the session, alongside Thiaba and Jack in the safeguarding team.

We looked a variety of online scams and talked through ways of ensuring we are protected against scams and online fraud.

The students voiced that it was a really important topic to cover as online criminals are using increasingly sophisticated methods to manipulate their victims.



## Welcome to the OT Team

*By Chloe Eagle, School Manager*

We are pleased to announce that the OT team has been expanded to include Activity Coordinators (AC) on each ward. The AC's will keep our Service Users occupied outside of the therapeutic timetable, offering more structure.

From left to right: Becca – Spencer Ward, Louis and Dare – Unicorn Ward, Charlotte and Sarah – Griffin Ward, and Tamara – Pegasus Ward. Laura will also be joining Pegasus ward as an AC following her induction (please see New Faces section of this newsletter).



Spencer Ward would also like to welcome their new Occupational Therapy Assistant (OTA), Aiden.





## Noticeboard

### New Faces



Laura Rhodes  
AC-Pegasus



Alima Oyindamoia  
Zainab  
MHSW



Amina Ologbonyo  
MHSW



Tonia Igbo  
MHSW-Griffin



Funke Adebisi  
MHSW



Rukayat Mustapha  
MHSW-Griffin



Moyosore Evelyn Ojo  
MHSW



Abigail Ozagha  
MHSW



Annie Armitage  
MHSW



Alice Dunning  
MHSW



Emily Green  
MHSW